

Statistics Report 18365, Waffles, plain, frozen, ready-to-heat

Report Date: September 25, 2015 08:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	37.95	--	--	35.89	40	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Energy	kcal	285	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Energy	kJ	1193	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Protein ¹	g	6.47	--	--	6.11	6.84	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Total lipid (fat) ¹	g	9.70	--	--	9.54	9.86	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Ash ¹	g	2.90	--	--	2.66	3.14	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Carbohydrate, by difference	g	42.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Fiber, total dietary ¹	g	2.2	--	--	1.8	2.6	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Sugars, total ¹	g	4.91	--	--	3.37	6.44	1.0	--	--	1	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	3.16	--	--	1.99	4.34	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Glucose (dextrose) 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
Fructose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
Lactose 1	g	1.48	--	--	1.15	1.82	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Maltose 1	g	0.26	--	--	0.24	0.28	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Galactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
Starch 1	g	34.90	--	--	34.35	35.46	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Minerals													
Calcium, Ca 1	mg	308	--	--	192	423	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Iron, Fe 1	mg	5.61	--	--	5.09	6.13	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Magnesium, Mg 1	mg	23	--	--	19	28	1.0	--	--	1	Analytical or derived from analytical	--	10/2004

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Phosphorus, P 1	mg	361	--	--	350	371	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Potassium, K 1	mg	125	--	--	110	140	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Sodium, Na 1	mg	638	--	--	601	674	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Zinc, Zn 1	mg	0.59	--	--	0.39	0.78	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Copper, Cu 1	mg	0.043	--	--	0.02	0.06	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Manganese, Mn 1	mg	0.225	--	--	0.22	0.23	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Selenium, Se 1	µg	12.2	--	--	8.3	16	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1992
Thiamin 1	mg	0.620	--	--	0.61	0.63	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Riboflavin 1	mg	0.620	--	--	0.56	0.68	1.0	--	--	1	Analytical or derived from analytical	--	10/2004

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Niacin 1	mg	7.575	--	--	6.82	8.33	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Pantothenic acid 1	mg	0.315	--	--	0.3	0.33	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Vitamin B-6 1	mg	0.898	--	--	0.8	1	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Folate, total 1	μg	68	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2004
Folic acid 1	μg	57	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2004
Folate, food 1	μg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2004
Folate, DFE	μg	108	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamin B-12 1	μg	2.93	--	--	2.58	3.29	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Vitamin B-12, added	μg	2.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Vitamin A, RAE	μg	381	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Retinol	μg	380	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Carotene, beta	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Vitamin A, IU	IU	1271	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lutein + zeaxanthin	µg	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Vitamin E (alpha-tocopherol) ¹	mg	1.05	--	--	0.7	1.4	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Tocopherol, beta ¹	mg	0.07	--	--	0.07	0.08	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Tocopherol, gamma ¹	mg	4.40	--	--	4.15	4.66	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Tocopherol, delta ¹	mg	0.97	--	--	0.73	1.2	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Vitamin K (phylloquinone) ¹	µg	7.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2004
Lipids													
Fatty acids, total saturated	g	1.531	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
4:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004

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8:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
10:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
12:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
14:0 1	g	0.011	--	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
15:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
16:0 1	g	0.880	--	--	0.85	1.22	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
17:0 1	g	0.005	--	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
18:0 1	g	0.560	--	--	0.46	0.85	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
20:0 1	g	0.040	--	--	0.03	0.06	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
22:0 1	g	0.036	--	--	0.04	0.05	1.0	--	--	1	Analytical or derived from analytical	--	10/2004

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24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Fatty acids, total monounsaturated	g	5.129	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
14:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
15:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
16:1 undifferentiated ¹	g	0.025	--	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	10/2004
17:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
18:1 undifferentiated ¹	g	5.036	--	--	5.89	5.94	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
20:1 ¹	g	0.068	--	--	0.04	0.12	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Fatty acids, total polyunsaturated	g	2.165	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
18:2 undifferentiated ¹	g	1.798	--	--	1.25	2.98	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
18:3 undifferentiated ¹	g	0.354	--	--	0.04	0.79	1.0	--	--	1	Analytical or derived from analytical	--	10/2004

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18:3 n-6 c,c,c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
18:4	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
20:2 n-6 c,c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
20:3 undifferentiated ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2004
20:4 undifferentiated ¹	g	0.005	--	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
20:5 n-3 (EPA)	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
22:6 n-3 (DHA)	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Cholesterol ¹	mg	14	--	--	7	22	1.0	--	--	1	Analytical or derived from analytical	--	10/2004
Amino Acids													
Tryptophan	g	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Threonine	g	0.228	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Isoleucine	g	0.268	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Leucine	g	0.474	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Lysine	g	0.280	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.120	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Cystine	g	0.157	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Phenylalanine	g	0.279	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Tyrosine	g	0.134	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Valine	g	0.304	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Arginine	g	0.259	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Histidine	g	0.133	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Alanine	g	0.241	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Aspartic acid	g	0.394	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Glutamic acid	g	1.631	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Glycine	g	0.207	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Proline	g	0.550	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Serine	g	0.324	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD